Better Body Awareness

• The goal of this workshop is to identify practices that will help reduce fatigue, reduce stress, and reduce the chance of MSD-related injury/illness.
AVOID Head Forward Posture
Head Leads
Body Breathes

• Where your head goes, your body goes.

• Notice your breathing.

• Easy breathing. Easy posture
Posture affects respiration, circulation, digestion, cognition.

(Left) Incorrect: Sit-bones pointing forward. (Center) Incorrect: Sit-bones lifted up in back. (Right) Correct: Sit-bones pointing straight down.
To avoid back pain, sit on sits bones!
Seat Posture

- Angles of the arm at approximately 90 degrees
- Inward curve of spine is supported
- Thighs should be fully supported on chair
- The front of the seat cushion should have a “waterfall” design
- Adjust seat so feet are flat on floor and thighs are parallel to floor
CHAIR HEIGHT
MONITOR HEIGHT

Top of screen is below eye level
HINGE TO BEND
Balanced sitting leads to balanced standing
**Direct UP**

**Person Pulling Down**
- Chest Collapsed
- Compressed Spine
- Stiff Knees
- Stiff Ankles

**Head Pulled Back and Down**

**Person Directing Up**
- Head goes Forward and Up
- The Back is Lengthened and Widened
- The Knees go Forward and Away from the Sitting Bones and from the Heels
- Joints are Softened and Unlocked
BRING YOUR BEST SELF HOME

• Be nimble
• Be expansive
• Hinge rather than fold
• Take breaks to wiggle
RESOURCES

• www.yogatherapyalacarte.com
• www.health.com/fitness/chair-yoga-back-pain
• www.upanduphealth.com
• An Ergonomics Approach to Avoiding Office Workplace Injuries and Illness
• Presence by Amy Cuddy
• The Posture Workbook by Carolyn Nicholls
• The Back School of Atlanta